

Magic Carpet Ride

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Time: 15 minutes

This deep breathing exercise works well for people who have difficulty with relaxed breathing.

Script

Get into a comfortable position, close your eyes, and pretend that you are on a magic carpet ... Let yourself picture your magic carpet. Is it orange, green, blue, or some other color? Does it have designs? What does it feel like when you touch it? Is it soft? How big is it?

Now imagine lying on the magic carpet in a safe place ... This could be your favorite place, like a room, somewhere outdoors, some place inside, or any other place you choose. If you want, you can even create your own fantasy place ... Just imagine a place that is safe and comfortable.

As you take in your next deep breath, through your nose if you can, allow your feet to tighten into a ball ... Then let your breath out as you allow your feet to relax.

Do this once more ... Take in a deep breath and tighten your feet ... then let the air out and relax your feet, as if you were letting your feet melt into jelly.

Now move up to your legs. Tighten the muscles in your legs while you take another breath ... and let them relax when you let the air out.

Move to your hips and do the same thing. Take in a deep breath as you tense up your hips ... Now release the tightness in your hips as you let your breath go.

This time, take in a nice deep breath while you tighten up your stomach muscles ... Now let your breath out allowing your stomach muscles to soften and relax.

Push your shoulders up to your ears as you bring in a breath. Now let go of your shoulders and your breath at the same time ... Good.

OK, bring your attention to your arms and hands. Tighten up your arms and make two fists as you breathe in. Hold for a second ... and now let go of the tightness in your arms and hands while you let your breath go.

Lastly, make a jack-o'-lantern face by tightening all the muscles in your face ... And now relax and soften your face as much as you can. Let your mouth open a little bit, and let the rest of your face soften from your forehead to your chin.

Now take in a deep breath and tighten up your entire body ... from your toes, knees, hips, torso, on up to your arms and face ... then let all your muscles relax while you let the air out.

As you relax, feel your body sinking into your magic carpet. Just let it support you. If you wish,

allow the magic carpet to slowly and gently move up and rest on a cushion of air.

Pause for 30 seconds

As you relax on your magic carpet, take another deep breath, through your nose if you can, allowing your belly to rise ... and then your chest to rise ... When you let the air out, let your belly and chest sink down into the magic carpet.

Let your breathing flow in and out. Effortless and easy ... slow and easy. As you breathe, see or feel the air moving into your chest and going down your trachea, the tube leading to your lungs. If you can, breathe through your nose. If not, breathe through your mouth ... Slowly and smoothly.

As the air moves down your trachea, allow your whole body to relax. When you are relaxed, the muscles around the trachea will relax ... and as these muscles relax, the trachea will become larger so that it can take in more oxygen-rich air. Just see or feel these muscles expanding and relaxing.

Each time you breath in, feel or see the air going into your lungs, where it then divides into more tubes, like branches on a tree, taking the nourishing air to the innermost parts of your lungs.

Imagine that the tubes are open wide to let the air in and out ... As the air continues through your lungs, it passes through tubes that divide into smaller sacs, which look like grapes. These sacs open up to allow in more oxygen-rich air. Blood vessels, which surround the sacs, pick up oxygen from the air and take it to other places in your body.

Thank the sacs for getting oxygen to your blood and, thereby, to the rest of our body.

Your blood cells also give carbon dioxide back to the sacs to be carried up through the air passageways, into the trachea, and out with your breath.

Each time you breathe out allow the air to pass out of your nose (or mouth) and out of your body. You're still relaxed, so the air moves in and out freely and easily.

Fully experience and remember this relaxed feeling and allow yourself to relax this way whenever you feel your muscles begin to tense up, or if you feel a tightness in your chest.

Take in one last slow breath, allowing fresh air to move freely all the way to your lungs. Sense the oxygen being exchanged for carbon dioxide, where the inner parts of the lungs meet your blood cells. Now exhale, allowing the carbon dioxide to move freely out of your lungs.

The more relaxed you feel on your magic carpet or anywhere else, the more air can move freely in and out of your lungs. You can do this relaxation when you're about to tackle a project or meet with someone, or whenever you begin to have a problem with breathing. Just let yourself relax, whether you are in a chair, lying in your bed, or on your magic carpet.

Take in a slow and deep breath, and as you slowly let it go relaxing all the muscles in your body, especially the tubes that take air in and out of your

lungs. If your magic carpet is floating right now on a cushion of air, allow it to gently settle down and touch the floor.

Pause

Continue with a visualization exercise or say the following:

With your same relaxed breathing, slowly begin to open your eyes and come back into this room, taking your time, allowing your whole body to stay relaxed, feeling awake and alert.

Repeat the above instructions until everyone is alert.

This script is included on *Refreshing Journeys*, available as a CD or an MP3 download from Whole Person Associates, www.wholeperson.com.